



# IT'S OKAY TO ASK FOR HELP

You don't have to fight your  
battle alone.  
Talk to us.



 TOLL FREE NUMBER

Tele MANAS:

14416

1800-89-14416



**You don't have to suffer anymore.**

**Don't bury  
your  
emotions**

**Don't  
suffer in  
silence**

**Don't be  
ashamed to  
share your  
story**

**Don't let  
your stress  
ruin your  
day**

**Don't  
feel as a  
failure**

**Don't  
fight  
alone**



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1800- 8914416**



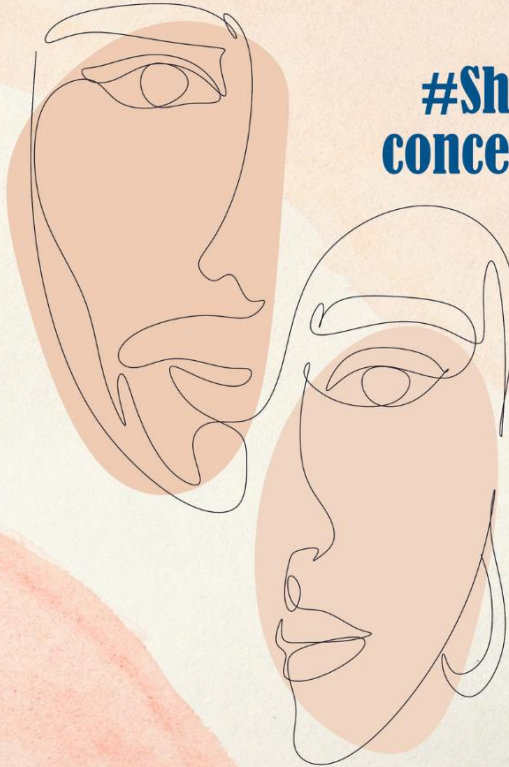
Ministry of Health & Family Welfare  
Government of India



भारत 2023 INDIA

**#Do you have concerns about  
your relationship?**

**#Share your  
concerns with us**



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Ministry of Health & Family Welfare  
Government of India

# NATIONAL TELE MENTAL HEALTH PROGRAMME OF INDIA

Tele Mental Health Assistance and Networking  
Across States

Digital Arm of District Mental Health Programme

## Tele MANAS

A Government of India Initiative to provide comprehensive  
digital mental health counselling & care services across  
the country

**TOLL FREE NUMBER**

 **14416**

 **1-800-891-4416**



TRANSFORMING MENTAL HEALTH THROUGH TECHNOLOGY..



Ministry of Health & Family Welfare  
Government of India

DO YOU WANT  
TIPS TO MANAGE  
EXAM STRESS ?




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Toll-free number  
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1800- 8914416





# TALK ABOUT YOUR ADDICTION



CALL TELEMANNAS

TOLL FREE NUMBER

**14416**

**1800-89-14416**



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your relationship?



#Share your  
concerns with us



TELEMANAS Toll  
free Number

14416

1800-89-14416



सत्यमेव जयते

# Tele MANAS



## National Tele Mental Health Programme of India

A digital GOI Initiative between Centre and States/UTs

### Goals

1. Enhance health service capacity in order to deliver accessible and timely mental health care
2. Facilitate timely referral.
3. Ensure a continuum of services in the community
4. Enhance mental health care capacity and networking

National Launch on 10th OCT 2022

5 Regional Coordinating Centres

23 Mentoring Institutes

51 State Cells

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